



The aim of the game of cricket is for batters to score runs for their team. One team starts by batting and the others bowl and field. Teams then swap over so that everybody has a turn at developing all three skills. There are many different types of cricket, including Kwik Cricket, Continuous Cricket and some versions that can be played indoors.

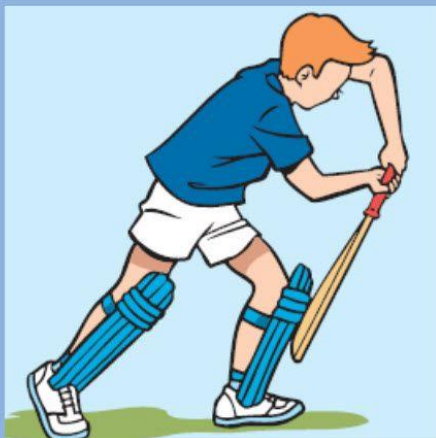
Overview and aims of this unit:

This term, children will be focussing on developing a range of skills within the game of cricket- batting, bowling and fielding in different positions. They will learn about the tricky art of footwork, marking and shooting. Cricket is a great way to develop the following school games values: respect, determination and self-belief. Children will also have the opportunity to develop their team work skills in group games.



CRICKET

Skill: Forward Defensive Drive



Technique Points:

1. Make sure you start with the correct grip, a relaxed, comfortable stance and your eyes fixed on the ball.
2. Complete the backswing as weight transfers to the front foot through a bent front knee.
3. Keep your head still, eyes level and fixed on the ball.
4. Rotate shoulders vertically and lean forward to block the ball with the bat next to and just in front of the front leg.
5. As you lean forward the back heel raises, bottom hand is relaxed and the bat should be presented face on to the ball.

Key vocabulary:

Batting- a skill which allows the bat to contact the ball. We will learn about batting parallel to the floor and swinging the bat in line with the wickets.

Bowling- a technique to deliver the ball in the correct position for the batter to hit.

Throwing and catching- being able to field the ball to the correct position at the correct pace and direction.

Match play- a skill used to understand the basics of the game, the scoring, the rules and the player's positions.

Run- the term used for scoring in cricket. It is the distance run by the batter or pairs of batters between pairs of stumps.

Wicket- a strip of grass which has a pair of stumps at either end. This is the line which batters have to run along to score.

Stump- three upright poles made of wood or plastic which need to be hit by the bowler in order to get a batter out.

The correct way to hold a cricket ball.



Layout of a cricket pitch



Mental Health and Wellbeing:

Engaging in physical activity can help us take care of our mental wellbeing. Here are some questions for you to think about?

How does tennis make you feel physically?

How does tennis make you feel mentally?

Does playing in a team support your well-being? Why?